



AUGUST 2013

monthly & special events

City of Burbank - Park, Recreation & Community Services Department
Programs for those 55+

Joslyn Adult Center

1301 West Olive, Burbank 818.238.5353

* See 'Best of Times' for more info				☑ Sign-up required	+ Additional fee required
1	THU	6:30	p.m.	Women & Changes Support Group ☑	1st & 3rd Thu
2	FRI	9:00	a.m.	Hearing Screening - special rescheduled date	Special
		12:30	p.m.	No Movie this month	1st Fri
3	SAT	10:00	a.m.	Horseshoe Tournament ☑	Special-varies
4	SUN	12:30	p.m.	Matinee Dance with Biba +	Every Sunday
5	MON	11:00	a.m.	Keystone Group	1st & 3rd Mon
6	TUE	9:00	a.m.	Blood Pressure Check	1st Tue
		2:00	p.m.	Benefits Enrollment Program ☑	1st & 4th Tue
		2:00	p.m.	Libby & Frank Nardo Room Dedication ☑	Special
				No Braille Community Group in August (returns in September)	Tuesdays
				No House Committee Meeting (returns in September)	1st Tue
7	WED	12:00	noon	Rummy Tile ☑	1st Wed
		3:00	p.m.	Greeting Card Class ☑+	1st Wed
		6:30	p.m.	Burbank Coin Group Meeting	1st Wed
8	THU	9:00	a.m.	Bet Tzedek Legal Services ☑	2nd Thu
		2:00	p.m.	Book Group ☑	2nd Thu
		6:00	p.m.	No Burbank University Women meeting (returns in September)	2nd Thu
9	FRI	9:00	a.m.	"Bobbin Winders" Quilting Group - 3-day workshop	2nd Fri-Sun
		9:00	a.m.	No LACRC's "Caring Conversations" this month	2nd Fri
		9:30	a.m.	Health & Wellness: "How Bereavement Affects You" with Evelyn Gleyzer, LCSW, CL	2nd Fri *
		7:00	p.m.	Western Weavers' Square Dance +	2nd & 4th Fri
10	SAT			See our Weekly Flyer for ongoing Saturday activities	
11	SUN	12:30	p.m.	Matinee Dance with Biba +	Every Sunday
12	MON	1:00	p.m.	Larry Gillespie and the Burbank Big Band rehearsal at Joslyn (1:00-3:00 p.m.)	Special *
		2:15	p.m.	Joslyn Afternoon Reader Group ☑	2nd Mon
13	TUE	11:00	a.m.	Benefits Enrollment Program ☑	2nd Tue
				No AARP Driver Safety Program (returns in September) ☑+	2nd Tue
14	WED	12:30	p.m.	Parkinson's Support Group - open meeting	2nd Wed *
		12:30	p.m.	Warner Bros. Board Meeting	2nd Wed
		7:00	p.m.	LARC Pistol & Rifle Group Meeting	2nd Wed

GET BSAC CARD DISCOUNTS ON LAP-SWIMMING PROGRAMS AT BURBANK POOLS!

Call 818.238-5391 (Verdugo) or 818.238.5381 (McCambridge) for information.

Upcoming Health Programs



Health & Wellness: "How Bereavement Affects You"

Friday, August 9, 9:30 a.m.
with Evelyn Gleyzer, LCSW, CL

Digestive Health:

Wednesday, September 4, 12:30 p.m.
with Dr. Charleen Thorburn, RN and Nutritional Consultant

UPCOMING SPECIAL EVENTS

Libby & Frank Nardo Room Dedication

Tuesday, August 6, 2:00 p.m. ☑

Burbank Big Band Rehearsal:

Monday, August 12, 1:00-3:00 p.m.

Metro's Senior Travel Program:

Tuesday, September 18, 12:30 p.m.

☑ Call 818.238-5353 to RSVP

15	THU	9:00	a.m.	Basic Bridge I class starts today (limited openings) ☑+	16 Thursdays
		10:30	a.m.	Diabetes Management Support Group	3rd Thu
		6:30	p.m.	Women & Changes Support Group ☑	1st & 3rd Thu
16	FRI			<i>See our Weekly Flyer for ongoing Friday activities</i>	
17	SAT			<i>See our Weekly Flyer for ongoing Saturday activities</i>	
18	SUN	12:30	p.m.	Matinee Dance with Biba +	Every Sunday
19	MON	11:00	a.m.	Keystone Group	1st & 3rd Mon
20	TUE	10:00	a.m.	HICAP Medicare Counseling ☑	3rd & 4th Tue
		11:30	a.m.	Games R Us	3rd Tue
		1:00	p.m.	Men's Group - Pool Room	3rd Tue
		1:30	p.m.	Red Hat Society - Looking for fun? Join us! ☑	3rd Tue
		5:30	p.m.	Book-to-Movie Group (will meet if we get signups) ☑	3rd Tue
21	WED	9:30	a.m.	Notary Service ☑+	3rd Wed
		1:00	p.m.	Ten-Minute Attorney (1:00-2:00 p.m.) ☑	3rd Wed
22	THU			<i>See our Weekly Flyer for ongoing Thursday activities</i>	
23	FRI	1:00	p.m.	Alzheimer's and Dementia Caregivers Support Group	4th Fri
		7:00	p.m.	Western Weavers' Square Dance +	2nd & 4th Fri
24	SAT			<i>See our Weekly Flyer for ongoing Saturday activities</i>	
25	SUN	12:30	p.m.	Matinee Dance with Biba +	Every Sunday
26	MON	11:45	a.m.	Retired Public Employees Association (RPEA) Meeting	4th Mon
27	TUE	10:00	a.m.	HICAP Medicare Counseling ☑	3rd & 4th Tue
		2:00	p.m.	Benefits Enrollment Program ☑	1st & 4th Tue
		2:30	p.m.	No Opera Group (returns in September)	4th Tue
28	WED	9:00	a.m.	Hearing Screening (no California Telephone Access Program this month) ☑	4th Wed
		11:30	a.m.	Tom McNett Lockheed Retirement Group	Last Wed
				No Senior Board Meeting (returns in September)	4th Wed
		3:00	p.m.	MS Support Group	4th Wed
		3:00	p.m.	Joslyn Jam Session - bring your instrument or come to listen!	4th Wed
29	THU	7:00	p.m.	"Hawaiian Luau" Ballroom Dance	Varies monthly
30	FRI	9:00	a.m.	T-Shirt Painting Class	Last Fri
				No Valley Porcelain Artists Meeting (returns in September)	Last Fri
31	SAT	10:00	a.m.	<i>See our Weekly Flyer for ongoing Saturday activities</i>	

* See 'Best of Times' for more info ☑ Sign-up required Fees are generally \$1/session - more if indicated by "+"

WHAT'S NEW?

(New Classes/Groups at Joslyn)

Chess Group: Mondays & Thursdays, 1:00 p.m. (meets in Card Room)

Digital Camera Class: Five Tuesdays, starting September 10, 2:30 p.m. (\$20.00/\$10.00 with BSAC) ☑+

Beginners Square Dance Class: Wednesdays, 6:45 p.m. - new sessions begin September 11. (\$7.00 per session/\$6.00 with BSAC) +

Joslyn Day Trips Registration

for October, November, & December Trips

Monday, September 9, 9:00 a.m.

Notice: Seats are still available for our Santa Monica trip: Tuesday, August 13, 12:30 p.m. - 8:00 p.m. - \$30.00

Save the Date!

**Joslyn's Health Fair and
Flu Shot Clinic**

Tuesday, October 29, 2013

Health Fair: 8:00-11:00 a.m.

Flu Shots: 9:00-11:00 a.m.